



3. Lönskrug "Warm-up-Marathon" für Mountainbiker
 Hellental (Gemeinde Heinade) / 05.04.2009

Detailed evaluation

Harwardt, Jörg

Club: DDMC Solling e.V
 Number: 370

Course: 20.40 km
 Kurzdistanz Hobby

Category:
 Senioren I Hobby

Total time: 1:02:23

Speed: 19.24 km/h

Rank in course/Total: 16 (of 30)

Rank in course/Men: 15 (of 26)

Best time in course: 45:12

Rank in category: 6(of 8)

Best time in the category: 50:54

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	16.30	50:16	19.10	7	9:10	17	13:42	16.30	50:16	19.10	6	9:10	13	0:19
Last lap Finish	4.10	12:07	19.81	6	2:19	14	3:33	20.40	1:02:23	19.24	6	11:29	15	17:11